

## CLAIMS

What I claim as my invention is

1. A leg support comprising

a padded cushion serving as support for the flexed knee or a part of the lower leg

a cushion bearing plate with a suitably shaped surface onto which said cushion can be placed and fixed

a plate holder to which said cushion bearing plate is fixed

one or several clamp elements which are fixed to said plate holder and which allow a firm but detachable fixation of said leg support to the upright member of a crutch.

2. A rest element which can be used together with a leg support for crutches comprising

a fixation component which allows a sufficiently stable fixation of said rest element to the upright member of a crutch

a push component which pushes against the thigh or torso from the front or the back side of a person using a crutch equipped with said leg support when said person exerts a suitable force on said crutch.

3. A rest element which can be used together with a leg support for crutches comprising

a push component protruding from the handle portion or the upright member of a crutch, so that said push component pushes against the thigh or torso from the front or the back side of a person using said crutch when said person exerts a suitable force on said crutch.